



# Fit & Active Bellevue

***A community wide collaboration to encourage healthy behaviors, lifestyles and environments.***

# Current Community Partners

- The City of Bellevue
- Public Health-Seattle & King County
- YMCA-Activate America Initiative
- Bellevue PTSA Council
- NRPA & WRPA

# Our Goals

- The FAB collaboration works toward supporting environments that make it easier for citizens to choose healthy behaviors; and creating healthy environments in our community.
- To enhance awareness of interdepartmental health and fitness initiatives for City employees.

# Our Objectives

- To enhance the quality of life of Bellevue's citizens.
- To slow the increase in proportion of obese children, teenagers, adults and seniors.



# Our Action Plan

- Conduct internal and external assessments of programs and services.
- Collaborate with partners to raise a collective awareness of community wide programs/ services.
- Incorporate messages and health promoting curriculum into existing services and programs for the general public and employees.

# Immediate Outcomes

- To generate a community awareness of obesity trends.
- Use existing resources and provide tools to reduce obesity in our community.
- Encourage policies to promote community designs that encourage pedestrian quality and connectivity.



# Future Outcomes

- Improve physical fitness.
- Enhance the quality of life of Bellevue's citizens.
- Continue to improve built environment to encourage physical fitness.
- Encourage future community collaborations & partnerships.



# Our Results

- Enhanced awareness of interdepartmental health and fitness initiatives.
- Enhanced coordination and communication with community partners through quarterly meetings.
- Incorporated fitness and nutrition curriculum into current programs.
- Creation of a Walking Map of Bellevue's Park system.
- Creation of Fit & Active Bellevue promotional video.
- Access to new employee fitness room-and procurement of state of the art fitness equipment at no costs.
- Increased awareness of community (p-patch) garden program. Generated interest in additional p-patches through NEP (neighborhood Enhancement Program) funds.



# Questions?

